

FREDERICK TAN



EXPERIENCE

LifeCafe Staff, Life Time Lakeshore; Irvine, CA —

May 2025 - Present

Prepare and serve shakes/smoothies, while maintaining a clean and inviting cafe for members and customers.

Head Server, Yuzu Japanese Sushi Bar; Costa Mesa, CA —

December 2022 - May 2025

Ensure quality service by coordinating with the kitchen and staff to meet restaurant expectations, while also assisting in training new servers.

Server, Hanuman Thai Eatery; Costa Mesa, CA —

June 2022 - November 2022

Assisted customers in order selection, recommended specific menu items, and ensure good quality service.

Delivery Driver, Planet 13; Santa Ana, CA —

June 2021 - May 2022

Driving company van to transport/sale state regulate cannabis products to customers, while obeying all traffic rules and regulations.

Personal Trainer, LA Fitness; Mission Viejo, CA —

November 2017 - June 2019

Recommended training programs to potential customers, while maintaining a clean gym, & providing effective workouts to my clients.

EDUCATION

Long Beach State University — Bachelor's in Kinesiology 2016

SKILLS

- Bilingual in English and Mandarin.
- Organization and attention to detail
- Exceptional problem solving skills, with customer service aptitude

CERTIFICATIONS

- National Personal Training Institute
- Food Handlers Certificate

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